

GOFFS OAK METHODIST CHURCH

Weekly lettings commencing Monday 24th July 2017			
	Large hall	Small Hall	Lounge
Monday 24th	18.30 to 20.30 - Pilates	10.30 to 12.30 - NHS Diabeties Prevention Programme 13.30 to 15.30 - NHS Diabeties Prevention Programme 19.30 to 20.30 - Fitness	19.15 to 21.15 - Lace
Tuesday 25th	09.30 to 11.00 - Thai Chi 18.30 to 20.30 - Pilates		10.00 to 12.00 - Coffee Morning
Wednesday 26th	09.30 to 12.00 - Pilates 17.00 to 19.00 - Karate	14.00 to 16.00 - NHS Diabeties Prevention Programme 19.30 to 20.30 - Fitness	
Thursday 27th	18.00 to 22.00 - Brownies/Guides	12.00 to 13.00 - Aerovics	
Friday 28th	11.30 to 14.30 - Painting 16.00 to 18.00 - Karate	20.00 to 22.00 - Potters Bar Town Band	